



2017 Winter Fitness Classes

<p><u>20, 20, 20 CLASS</u></p> <p>10 week session Mondays; 6 – 7: pm January 9 – March 13</p> <p>The 20, 20, 20 class will be taught by instructor Laurie Maile. All classes will consist of 20 minutes of cardio, 20 minutes of strength and 20 minutes of stretching for a fun, versatile and complete workout. Please bring an exercise mat or towel, water and 3-8 lb. weights. The class runs for 10 weeks.</p>	<p><u>HIP HOP ZUMBA</u></p> <p>8 week session Tuesdays; 6 – 7: pm January 24 – March 14</p> <p>Our Zumba program will be taught by Holly Hammons and features interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while you burn fat to Hip Hop style music. With some Latin flavor and international zest into the mix you've got a Zumba Class.</p>	<p><u>PIYO LIVE</u></p> <p>8 week session Wednesdays; 8:30 – 9:30am January 11 – March 1</p> <p>Our PiYo class is taught by Ali Reeves. Get ready to sweat, stretch, and strengthen—all in one workout! PiYo® LIVE is a high-intensity, low-impact class that combines the best of Pilates and yoga for a long, lean physique. You'll unleash your inner powerhouse—and leave feeling refreshed and restored!</p>	<p><u>SILVER STRETCH</u></p> <p>8 week session Wednesdays; 10 – 11am January 11 – March 1</p> <p>The target participant group is seniors 55 and older but is open to all interested students. The goal and focus of the class is to increase muscle strength, range of motion, flexibility, while enjoying fun music and making new friends. The class runs for eight weeks and will be taught by Holly Ruschman.</p>
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All classes are held at the Edgewood Senior Center @ 550 Freedom Park Drive, Edgewood, KY
All participants must sign a liability waiver. No childcare will be provided.
If you have any questions please call 859-331-5910.

Circle all WINTER classes you are signing up for:



20, 20, 20 Class
\$50/person



Zumba
\$40/person



PiYo Live
\$40/person



Silver Stretch
\$40/person

Name(s) _____

Address _____

Phone Number _____ Email _____

Make all checks payable to City of Edgewood and remit to:
City of Edgewood, Attn: Fitness Classes, 385 Dudley Road, Edgewood, KY 41017